

# DINNERLY



## Meaty Mediterranean Stuffed Peppers with Ground Turkey & Rice



30-40min



2 Servings

Are you ready to get seriously stuffed? With these tender roasted peppers full of turkey, marinara sauce, rice, and cheese! Before serving, we stick them under the broiler just until golden, so every bite is equal parts cheesy, and delicious. We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- 2 bell peppers
- garlic
- ¾ oz piece Parmesan <sup>7</sup>
- 10 oz pkg ground turkey
- 8 oz marinara sauce

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

### TOOLS

- small saucepan
- rimmed baking sheet
- microplane or grater
- medium ovenproof skillet

### ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 660kcal, Fat 23g, Carbs 76g, Proteins 40g



#### 1. Cook rice

Preheat broiler with a rack in the top position.

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until step 4.



#### 2. Broil peppers

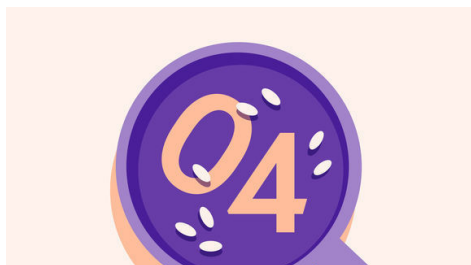
Halve **peppers** from top to bottom to make 4 equal halves; discard stems and seeds. Place on a rimmed baking sheet; sprinkle lightly with **salt** and drizzle with **oil**. Broil on top oven rack until slightly charred and tender, 10–15 minutes, flipping halfway through (watch closely as broilers vary).



#### 3. Cook turkey filling

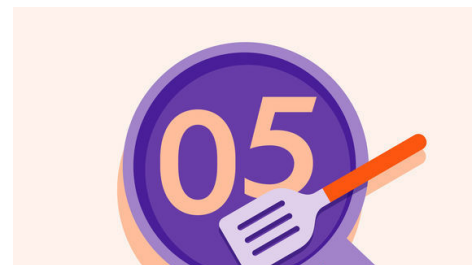
While **peppers** broil, finely chop 2 **teaspoons garlic**. Finely grate **Parmesan**.

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **turkey** and a **pinch each of salt and pepper**. Cook, breaking up meat into smaller pieces, until golden-brown and cooked through, 3–5 minutes. Stir in chopped garlic.



#### 4. Stuff peppers

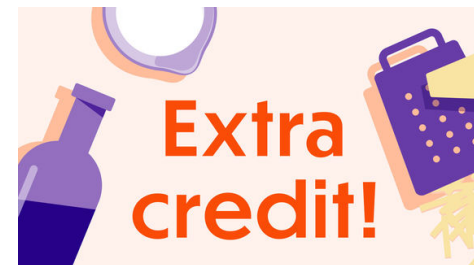
To skillet with **turkey**, stir in **half of the rice** and **¼ cup of the marinara sauce**. Season to taste with **salt** and **pepper**. Fill **peppers** with **turkey filling** directly on baking sheet, then transfer peppers back into same skillet.



#### 5. Broil peppers & serve

Pour **remaining marinara sauce** over **peppers**. Top with **half of the Parmesan**. Broil on top oven rack until **sauce** is bubbling and **cheese** is browned in spots, 3–5 minutes (watch closely).

Serve **stuffed peppers** with **remaining Parmesan** sprinkled over top and **remaining rice** alongside. Enjoy!



#### 6. Make it low-carb!

Swap out the jasmine rice for riced cauliflower for even more veggies!